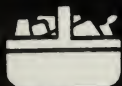


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# CONSUMER TIPS > >

(Information from Bureau of Home Economics, USDA)

## BUYING THE BIRD

1. Should weigh from  $2\frac{1}{2}$  to  $3\frac{1}{2}$  pounds, dressed weight.  
(Means picked but not drawn, feet & head still on.)
2. Should be between  $3\frac{1}{2}$  to 5 months old. End of breastbone should be very flexible.
3. Should have well-rounded, full-fleshed breast, no pin feathers, bruises, or scars.

## FRYING IN SHALLOW FAT

1. Disjoint chicken; cut into serving portions.
2. Wipe pieces dry; season with salt & pepper, roll in flour.  
Or dip in egg beaten with tablespoon water or milk; coat (over)

with very fine dry bread crumbs or cornmeal.

3. Use thick skillet or chicken fryer with  $\frac{1}{2}$ -inch or more fat, hot but not smoking.

4. Put thickest pieces in first; do not crowd.

5. Partly cover; cook at moderate temperature; turn when brown. (Thick pieces take 20-25 minutes) Or finish in oven.

#### FRYING IN DEEP FAT

1. Cut in quarters, dip in thin batter (1 egg,  $\frac{3}{4}$  cup milk, 1 cup sifted flour,  $\frac{1}{2}$  teaspoon salt). Or use egg & crumbs.

2. Use deep kettle of hot fat (350 degrees) enough to cover chicken without overflowing kettle.

3. Lower chicken, piece by piece, into kettle; do not overcrowd. Regulate heat to cook at 300-325 degrees. Cook for 10 - 15 minutes for quarters of  $2\frac{1}{2}$ -lb. chicken.

CONSUMERS' COUNSEL DIVISION, U. S. DEPARTMENT OF AGRICULTURE, WASHINGTON, D. C.

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